



Pool Programs (5/14/17 -5/22/17)

Updated: 5/13/17

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please contact the Aquatics Director.

Swim Tests may be given during periods of Lap Swimming. Please understand these need to be completed to allow everyone an opportunity to utilize the pools. We may ask if you can share your space for a moment of time.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00			Swim Fit		Swim Fit	Pool Closed for Lakota East/ Butler Tech Carboard Boat Regatta 7:30a-2:30p (5/19 only)		
6:30			6:00a-7:15a		6:00a-7:15a			
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00			SWIM LESSONS		H2O Fitness			SWIM LESSONS
10:30			10:00a-11:30a		10:00a-10:50a			9:30a-11:00a
11:00								
11:30	SilverSplash		SilverSplash	H2O Fitness				
12:00	11:30a-12:20p		11:30a-12:20p	11:00a-11:50a				
12:30								
1:00			SWIM LESSONS	SWIM LESSONS				
1:30			1:00p-2:30p	1:00p-2:30p				
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00	Lakota YMCA Stingrays SWIM Practice Monday-Friday 4:00p-8:15p							
6:30	SWIM LESSONS		SWIM LESSONS					
7:00	5:15p-8:00p	H2O Fitness	5:15p-8:00p	Amped Up				
7:30		To The Max		H2O				
8:00		7:00p-7:50p		7:00p-7:50p				
8:30								
9:00								
9:30								
10:00								

Lakota Family YMCA strives to give the members the best experience possible as well as open our doors to helping the community. Lakota Y also continues to run our own programs for our members and community. Please be aware that we are taking the best interest of everyone each day. If you have any questions or concerns please contact the Aquatics



Lap Lane and Open Pool Schedule (5/14/17 - 5/22/17)

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00	[Checkered]	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	[Checkered]	
6:30								
7:00		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-7:30a		
7:30								
8:00	[Checkered]	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	Pool Closed for Lakota East/ Butler Tech Carboard Boat Regatta 7:30a-2:30p (5/19 only)	LAP SWIM ONLY	
8:30		8:00a-10:00a		8:00a-10:00a			8:00a-11:30a	8:00a-9:30a
9:00							NO LAP & NO OPEN SWIM	
9:30								
10:00		LAP SWIM ONLY	LAP SWIM ONLY		LAP SWIM ONLY		9:00a-12:30p	
10:30		10:00a-12:30p	10:00a-11:00a		9:30a-12:00p			
11:00							NO SWIM TESTS	
11:30								
12:00		LAP & OPEN SWIM 12:00p-5:30p		LAP & OPEN SWIM	LAP SWIM ONLY			Lap Swim Open Swim 12:30p-7:30p
12:30				11:00a-1:00p	11:30p-12:30p			
1:00			LAP & OPEN SWIM	LAP SWIM ONLY	LAP SWIM ONLY		LAP & OPEN SWIM	
1:30	12:30p-4:00p		1:00p-2:00p	1:00p-2:00p				
2:00			LAP & OPEN SWIM	LAP & OPEN SWIM	12:00p-4:00p			
2:30			2:00p-4:00p	2:00p-4:00p				
3:00								
3:30								
4:00	LAP SWIM ONLY		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
4:30	4:00p-5:15p		4:00p-6:45p	4:00p-5:15p	4:00p-6:45p	3:30p-7:00p		
5:00								
5:30		NO LAP SWIM		NO LAP SWIM				
6:00		NO OPEN SWIM		NO OPEN SWIM				
6:30		5:15p-8:00p	NO LAP SWIM	5:15p-8:00p	NO LAP SWIM	Open Swim Only 7:00p-8:15p		
7:00		NO SWIM TESTS	NO OPEN SWIM	NO SWIM TESTS	NO OPEN SWIM			
7:30			6:45p-8:00p		6:45p-8:00p			
8:00		Lap Swim	Open Swim	Lap Swim	Open Swim			
8:30		8:00p-9:30p	8:00p-8:15p	8:00p-9:30p	8:00p-8:15p			
9:00			Lap & Open Swim		Lap & Open Swim			
9:30			8:15p-9:30p		8:15p-9:30p	Lap & Open Swim		
10:00						8:15p-9:30p		

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Monday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6				
6:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim ONLY 6:00a-11:30p	Lakota Y Team	Lakota Y Team				
6:30a					6:00a - 6:30a	6:00a - 6:30a				
7:00a										
7:30a										
8:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a			Lap Swim ONLY 6:30a-12:30p	Lap Swim ONLY 6:30a-4:00p			
8:30a										
9:00a										
9:30a										
10:00a					Swim Lessons 10:00a-11:30a			Swim Lessons 10:00a-11:30a	Swim Lessons 10:00a-11:30a	
10:30a										
11:00a										
11:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*					
12:00p										
12:30p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p					
1:00p										
1:30p										
2:00p										
2:30p										
3:00p										
3:30p										
4:00p	Lap Swim 4:00p-5:15p	Lap Swim 4:00p-5:15p	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15				
4:30p										
5:00p	Swim Lessons 5:15p-8:00p	Swim Lessons 5:15p-8:00p								
5:15p										
5:45p	NO SWIM TESTS	NO SWIM TESTS								
6:00p										
6:15p										
6:30p										
6:45p										
7:00p										
7:15p										
7:30p										
7:45p										
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p								
8:15p										
8:30p										
8:45p										
9:00p										
9:30p										
			Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p				

Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a	Lap Swim Only 6:00a-8:00a	Lap Swim Only 6:00a-8:00a	Lap Swim ONLY 6:00a-8:00a	SWIMFit 6:00a-7:15a	SWIMFit 6:00a-7:15a	SWIMFit 6:00a-7:15a			
6:30a									
7:00a									
7:30a									
8:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Lap Swim 7:15a-10:00a	Lap Swim 7:15a-4:00p	Lap Swim 7:15a-4:00p			
8:30a									
9:00a									
9:30a									
10:00a	H2O Fitness 10:00a-10:50a	H2O Fitness 10:00a-10:50a	H2O Fitness 10:00a-10:50a	H2O Fitness 10:00a-10:50a					
10:30a									
11:00a	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Lap Swim 11:00a-4:00p					
11:30a									
12:00p									
12:30p									
1:00p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p						
1:30p									
2:00p	Open Swim 2:30p-4:00p	Open Swim 2:30p-4:00p	Open Swim 2:30p-4:00p						
2:30p									
3:00p									
3:30p									
4:00p	Lap Swim 4:00p-7:00p	Lap Swim 4:00p-7:00p	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15			
4:30p									
5:00p									
5:30p									
5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS			
7:15p									
7:30p									
7:45p	NO SWIM TESTS	NO SWIM TESTS							
8:00p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p							
8:15p									
8:30p									
8:45p									
9:00p									
9:30p									
			Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p			

Wednesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
6:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-11:30a	Lakota Y Team	Lakota Y Team		
6:30a					6:00a - 6:30a	6:00a - 6:30a		
7:00a								
7:30a								
8:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a		Lap Swim ONLY 6:30a-12:30p	Lap Swim ONLY 6:30a-4:00p		
8:30a								
9:00a								
9:30a								
10:00a								
10:30a								
11:00a								
11:30a	SilverSplash	SilverSplash	SilverSplash	SilverSplash	SilverSplash			
	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	*IF 25 Participants or more*			
12:00p								
12:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim			
1:00p	Swim Lessons	Swim Lessons	Swim Lessons	12:30p-4:00p	12:30p-4:00p			
	1:00p-2:30p	1:00p-2:30p	1:00p-2:30p					
1:30p								
2:00p								
2:30p	Open Swim	Open Swim	Open Swim					
3:00p	2:30p-4:00p	2:30p-4:00p	2:30p-4:00p					
3:30p								
4:00p	Lap Swim	Lap Swim	Lakota Y Team 4:00p-8:15 NO SWIM TESTS	Lakota Y Team 4:00p-8:15 NO SWIM TESTS	Lakota Y Team 4:00p-8:15 NO SWIM TESTS	Lakota Y Team 4:00p-8:15 NO SWIM TESTS		
4:30p	4:00p-5:15p	4:00p-5:15p						
5:00p								
5:30p	Swim Lessons	Swim Lessons						
5:45p	5:15p-8:00p	5:15p-8:00p						
6:00p								
6:15p	NO SWIM TESTS	NO SWIM TESTS						
6:30p								
6:45p								
7:00p								
7:15p								
7:30p								
7:45p								
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p						
8:15p								
8:30p								
8:45p								
9:00p					Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p					8:15p-9:30p	8:15p-9:30p	8:15p-9:30p	8:15p-9:30p

Thursday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim ONLY 6:00a-8:00a	Lap Swim ONLY 6:00a-8:00a	Lap Swim ONLY 6:00a-8:00a	SWIMFit 6:00a-7:15a	SWIMFit 6:00a-7:15a	SWIMFit 6:00a-7:15a
6:30a						
7:00a						
7:30a						
8:00a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Lap Swim 7:15a-11:00a	Lap Swim 7:15a-4:00p	Lap Swim 7:15a-4:00p
8:30a						
9:00a						
9:30a						
10:00a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a			
10:30a						
11:00a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a		
11:30a						
12:00p	Open Swim 12:00p-4:00p	Open Swim 12:00p-4:00p	Open Swim 12:00p-4:00p	Lap Swim 12:00p-4:00p		
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lap Swim 4:00p-7:00p	Lap Swim 4:00p-7:00p	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS
7:15p						
7:30p	NO SWIM TESTS	NO SWIM TESTS				
7:45p						
8:00p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p				
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						
			Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p

Friday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6:00a-7:30a	Lap Swim 6:00a-7:30a	Lap Swim 6:00a-7:30a	Lap Swim 6:00a-7:30a	Lap Swim 6:00a-7:30a	Lap Swim 6:00a-7:30a
6:30a						
7:00a						
7:30a						
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
3:30p						
4:00p	Lap Swim 4:00p-7:00p	Lap Swim 4:00p-7:00p	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	OPEN SWIM 7:00p-9:30p	OPEN SWIM 7:00p-9:30p	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						
			Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p

Pools CLOSED for
Lakota East/Butler Tech
Cardboard Boat Regatta
7:30a-2:30p (5/19 ONLY)

Saturday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
7:30a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a	SWIMFit 7:300a-9:00a	SWIMFit 7:300a-9:00a	SWIMFit 7:300a-9:00a	SWIMFit 7:300a-9:00a		
8:00a								
8:30a								
9:00a	H2O Fitness to 9:00a-10:00a NO SWIM TESTS	H2O Fitness to 9:00a-10:00a NO SWIM TESTS	H2O Fitness to 9:00a-10:00a NO SWIM TESTS	SWIM LESSONS 9:00a-10:30a	SWIM LESSONS 9:00a-10:30a	SWIM LESSONS 9:00a-10:30a		
9:30a				NO SWIM TESTS	NO SWIM TESTS	NO SWIM TESTS		
10:00a	SWIM LESSONS 10:00-12:30 NO SWIM TESTS	SWIM LESSONS 10:00-12:30 NO SWIM TESTS	Aqua Boot Camp 10:00a-11:00a NO SWIM TESTS	Aqua Boot Camp	Aqua Boot Camp	Aqua Boot Camp		
10:30a								
11:00a								
11:30a								
12:00p								
12:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	SWIM LESSONS 11:00a-12:30p NO SWIM TESTS	SWIM LESSONS 11:00a-12:30p NO SWIM TESTS	SWIM LESSONS 11:00a-12:30p NO SWIM TESTS	SWIM LESSONS 11:00a-12:30p NO SWIM TESTS		
1:00p			OPEN SWIM	Lap Swim	Lap Swim	Lap Swim		
1:30p			OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-3:00P	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p
2:00p								
2:30p								
3:00p								
3:30p								
4:00p								
4:30p								
5:00p								
5:30p								
6:00p								
6:30p								
7:00p								
7:30p								

Sunday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						